



NATIONAL
SAFETY
MONTH 07

Falls in the Home

Don't let unsafe behaviors trip you up.

People think of home falls as a problem for the elderly, but the fact is that they're second only to poisoning for accidental deaths in the home and community. People of all ages are vulnerable to falls, but with some common sense, most falls can be prevented.

Home Falls Risks

- Clutter, wires and even pets create obstructions on the floor
- Slippery floors, baths and outside walkways
- Improper use of ladders; unsafe reaching for high shelves, light fixtures, etc.
- Darkness leads to falls at night

Tips for Prevention

- Make sure the floors of your home are free of clutter, piles and other obstacles.
- Avoid scatter rugs and highly waxed floors. Don't walk around in stocking feet – wear slippers or other skid-proof footwear, or go barefoot.
- Keep rooms well-lit. Put nightlights in hallways and bathrooms for night visits.
- Install grab bars in bathtubs and showers.
- Store frequently used items in easy-to-reach areas. Use a sturdy step stool with hand rails if you must reach for something in a high place. Keep chairs for sitting.
- Clear fallen leaves, snow and ice from walkways before they become slipping hazards.
- Keep outdoor walkways and steps in good repair.
- Use caution and proper tools for home maintenance; avoid makeshift scaffolding or too-short ladders for hard to reach jobs. Stay off the roof unless you're certain you know what you're doing.

Celebrating
Safe Communities